

## Adult Ed - Spiritual Practices

### Session 1: Prayer practices for visual learners

Introduction: A few online articles about creating time and space for prayer practices

- a. <https://buildfaith.org/creating-a-prayer-space-at-home/>
- b. <http://www.cheriliefeld.com/creating-a-prayer-space-at-home/>
- c. Gretchen Rubin is a self-help author with a number of good ideas about how to create new habits that stick (Like, for example, a prayer practice!) Her book is called “Better than Before.”  
<https://www.amazon.com/Better-Than-Before-Habits-Procrastinate/dp/0385348630>
- d. If you’d rather listen than read, she summarizes her findings in this podcast:  
<https://www.goodlifeproject.com/podcast/gretchen-rubin/>

Visually-based prayer practices

#### 1. Daily Devotional Reading

- a. D365 - an online daily devotional (meant for teens, but useable by other age groups. The format resembles a Lectio practice. <https://d365.org/>
- b. The UCC’s online Daily Devotional: [https://www.ucc.org/daily\\_devotional](https://www.ucc.org/daily_devotional)
- c. Rise Up! - a daily devotional geared toward social justice workers:  
<https://www.thepilgrimpress.com/products/rise-up-spirituality-for-resistance>
- d. <https://cac.org/category/daily-meditations> (Richard Rohr)
- e. [https://www.upperroom.org/available\\_subscriptions/daily\\_devotional\\_options](https://www.upperroom.org/available_subscriptions/daily_devotional_options)
- f. <https://www.thethoughtfulchristian.com/Pages/Item/59264/These-Days.aspx>
- g. “Listening to Your Life: Daily Meditations with Frederick Buechner” compiled by George Connor
- h. “Living The Message: Daily Help for Living the God-Centered Life” by Eugene H. Peterson
- i. “Through Seasons of the Heart” A book of daily readings selected from the writings and programs of John Powell, S.J.
- j. “Naming the Unnameable: 89 Wonderful and Useful Names for God... Including the Unnameable God” by Matthew Fox
- k. “The Sage’s Tao Te Ching, a new interpretation: Ancient Advice for the Second Half of Life” by William Martin
- l. “Meanderings with Grace: Glimpses of God in the Ordinary” by Randal Gehres
- m. “Learning to Hear with the Heart: Meditations for Discerning God’s Will” by Debra K. Farrington
- n. Liturgical resources: “For All the Saints: A Prayer Book for and by the Church (multivolume, Lutheran), “The Book of Common Prayer” (Episcopal), Daily Office Readings (multivolume, Episcopal), “Daily Prayer: Supplemental Liturgical Resource 5” (Presbyterian), “Common Prayer: A Liturgy for Ordinary Radicals” Shane Clairborne, Jonathan WilsonHartgrove, Enuma Okoro
- o. Opening to God by Carolyn Stahl Bohler: Guided Imagery Meditation on Scripture (Upper Room Books)

From Marian Thomas:

- p. Psalms for Praying by Nan C. Merrill (Continuum Press)
  - q. Silence and Stillness in Every Season: Daily Readings with John Main (Continuum Press)
  - r. Listening Carefully to Jesus by R.E. O. White (Eerdmans Publishing Company)
  - s. Watch for the Light: Readings for Advent and Christmas (Plough Publishing House)
2. Lectio Divina/Visio Divina
- a. A Beginner's Guide to Lectio:  
<https://bustedhalo.com/ministry-resources/lectio-divina-beginners-guide>
  - b. Another rundown of a slightly different practice, by Fr. Josh Johnson:  
<https://www.youtube.com/watch?v=gKYEOc3ik9k>
  - c. A Beginner's Guide to Visio:  
<https://bustedhalo.com/ministry-resources/praying-with-your-eyes-how-to-get-started-with-visio-divina>
  - d. Another version of the practice: <https://www.lindsayboyer.com/visio-divina>
  - e. The image we used for our practice:  
<https://www.nytimes.com/2020/04/10/arts/design/jesus-christ-image-easter.html>
  - f. Pexels is a free searchable image database. If you want photos for Visio Divina, this is a good place to start. Here's the images under the word "Glow."  
<https://www.pexels.com/search/glow/>
  - g. The Cleveland Museum of Art has an online collection:<https://www.clevelandart.org/art/collection/search>
3. Journaling
- a. Here's a good summary of the basics, and some journal prompts:  
<https://www.crazywholelife.com/spiritual-journal-prompts-daily-spiritual-practice/>
  - b. Some more Christian journal writing prompts:  
<https://mybeautifulmess.net/2019/09/16/christian-journal-prompts/>
  - c. Not a writer? Try a one-sentence journal:  
<https://psychcentral.com/blog/the-power-of-the-one-sentence-journal/>
  - d. Want to write a little more than that? Try a gratitude journal:  
<https://positivepsychology.com/gratitude-journal/>
  - e. journaling - art:  
<https://saralaughed.com/how-to-start-bible-journaling-for-beginners/>
  - f. Journaling the Journey (UCC discernment journal):  
<https://www.uccresources.com/products/journaling-the-journey-engaging-the-marks-of-faithful-and-effective-authorized-ministers?variant=1247860844>
  - g. Bullet journaling is a flexible system that is part planner, part whatever you need it to be. Many folks use the "Collection" part of the system for spirituality:  
<https://www.goodhousekeeping.com/life/a25940356/what-is-a-bullet-journal/>